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"What I say unto you I say unto all, WATCH."—Jesus



Needed—
A Change
of Heart

The Might of Love's Tenderness
Safety Assured

- 2129 **Needed—A Change of Heart** Edward G. Karst
- 2131 **What Are God's Means?** Lola Linsteadler Lester
- 2135 **The Might of Love's Tenderness** Pierre Pradervand
- 2138 **To You (Poem)** Gisele Potter
- 2139 **Supply from Spiritual Ideas** Christine Carol Weiner
- 2142 **It Only Takes Light** Jenifer Carol Wechsler
- 2144 **We Do Have a Choice!** Joanne Forman Otto
- 2150 **"A man's gift maketh room for him" (Poem)**
Maxine Le Pelley

FOR CHILDREN

- 2147 **Watching Over You** Teri L. Stutz

FOR YOUNG PEOPLE

- 2148 **The Rescue** Florence D. J. Schwartz

EDITORIALS

- 2151 **The Maturity of Being**
- 2153 **Safety Assured**

TESTIMONIES AND FEATURES

- 2157 **Testimonies of Christian Science Healing**
- 2165 **Words of Current Interest**
- 2166 **Christian Science Lectures**

[Healing experiences in *Sentinel* articles for
children as well as adults are carefully verified.]

**Founded in 1898 by Mary Baker Eddy,
Author of the Christian Science Textbook,
*Science and Health with Key to the Scriptures***



Marca Registrada

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Christian Science Sentinel®

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"What I say unto you I say unto all, WATCH." Jesus

Needed— A Change of Heart

EDWARD G. KARST

Christian Science presents a grand opportunity to destroy disorders of the heart. How? One has to embark upon a change of heart.

What do we mean by a change of heart? Looking away from matter to the permanence of our spiritual being—to the knowledge of our indissoluble relationship with God. It is spiritual growth, then, that is the vital factor in a change of heart. Didn't Christ Jesus imply this in his Sermon on the Mount when he said, "Where your treasure is, there will your heart be also"?¹

Jesus worked ceaselessly to bring about this reformation in human consciousness. To Nicodemus he declared, "Except a man be born again, he cannot see the kingdom of God."² Does this imply a material rebirth? No. The transformation is radical indeed, but it is a change of consciousness from a material to a spiritual basis. A material theory of cause and effect, of creator and creation, fosters belief in the incomplete man—that allegorical man called Adam—

whereas a knowledge of God and of man as His spiritual, perfect reflection bestows complete harmony.

Life seems complicated at times. Indeed the pressures imposed upon mankind sometimes seem so burdensome that one earnestly longs for change. The human mind needs to shift priorities from a material basis to an elevation of spiritual affections, to a love for God and man. This indeed is a change of heart.

But what if a disorder of the heart takes physical form? Then we first need to destroy fear. This is achieved through the realization that God never ordained illness, sin, or death, therefore such material effects are mistaken beliefs, the result of human opinions. Met with the assurance that God is Love and man His cherished expression, completely enfolded in His love, fear subsides and dissolves.

Fleshly appetites need to be seen as spurious beliefs and put aside for an understanding of man's true, spiritual nature and his relationship to God. With this understanding human will gives way to God's will; greed disappears with the realization of man's true purpose.

We need to reverse the fleshly arguments of the material senses and realize that the spiritual senses alone are real. These senses are ever at peace, ever testifying to man's perfection. To know that digestion, circulation, elimination, are all under the complete control of divine Mind is to exercise our spiritual senses; it is to discern the power of Truth. In God's kingdom there is no disintegration, decomposition, or deterioration, no rapid or gradual extinction of life. Therefore man is never impaired, depleted, weakened, or deformed. Pressure, worry, and gloomy rumination are destroyed through the calm assurance of the Christ, divine Love's healing message.

To see clearly that man is not a victim of mortal reaction, that he has control of all movement, and this control emanates from Mind, God, is establishing in thought our at-one-ment with God. Irritation, dissatisfaction, anger, resentment, or hatred have no power to govern thought and in turn impede harmonious action. Reaction, overaction, inaction, or torpid action are false beliefs of material thinking and are corrected through a change of heart, or consciousness.

In her answer to the question "*Do you believe in change of heart?*" Mary Baker Eddy, the Discoverer and Founder of Christian Science, includes these words: "We do believe, and understand

—which is more—that there must be a change from human affections, desires, and aims, to the divine standard, ‘Be ye therefore perfect;’ also, that there must be a change from the belief that the heart is matter and sustains life, to the understanding that God is our Life, that we exist in Mind, live thereby, and have being. This change of heart would deliver man from heart-disease, and advance Christianity a hundredfold.”³

Man’s being moves in the rhythm of perpetual harmony, ever active and free, uninterrupted by the mortal dream, always outside the realm of fear. Its action is infinite because its substance is spiritual. We can begin to prove this right now.

As we assert our God-bestowed dominion to turn our thought from the minute objects of material sense to the unlimited ideas of Soul, we experience definite healing. The physical healing, however, is but the beginning step to a higher attainment—complete spiritual regeneration. Here we find the ultimate and only truth of man—man in the likeness of God, a complete unit upon whom He has bestowed His full blessing.

¹ Matt. 6:21; ² John 3:3; ³ *Miscellaneous Writings*, p. 50.

Four basic requirements

What Are God’s Means?

LOLA LINSTEADER LESTER

One morning I asked myself: What simple truth, or combination of truths, do I need today that will enable me to express God’s healing power in quicker and more permanent healing? This statement from *Science and Health with Key to the Scriptures* by Mrs. Eddy came to thought: “Prayer, watching, and working, combined with self-immolation, are God’s gracious means for accomplishing whatever has been successfully done for the Christianization and health of mankind.”¹

Aroused by this counsel, I pondered it for quite some time. Prayer, watching, working, self-immolation—these four basic requirements for spiritual progress may be likened to a strong cord binding us to steadfastness of purpose and effort. They awaken and inspire thought, increase our spiritual understanding, give hope, light our path. They purify, point to wisdom, give direction, help one make right decisions, and advance us in the healing practice of Christian Science. As we study Mrs. Eddy's writings, we find ourselves hungering and thirsting for inspiring truths each morning as we start the day.

Understanding prayer dispels mental darkness and lifts thought into light. Prayer shows us the right steps we need to take in our walk with God. "The Christian Scientist wisely shapes his course, and is honest and consistent in following the leadings of divine Mind," ² *Science and Health* tells us. Steps firmly taken at God's direction will not falter. We need to sweep away the false teaching that God is both good and evil and that He can be present at one time and absent at another.

The first chapter of Genesis, studied with Mrs. Eddy's scientific interpretation of this chapter (see *Science and Health*, pp. 501-557), begins at once to set thought straight on the subject of creation. When we understand God to be Spirit, all good, and man's one and only source of life and intelligence, we can be sure that creation is wholly spiritual and that intelligence cannot sink into the chaos of materiality. Our acceptance of these facts sets us on a right course—one we can rely upon for direction and decision-making. Our realization that God's embrace encircles us enables us to experience progress and healing in our daily activities.

When we are tempted to surge headlong without prayer and watching into some course of action, we may find ourselves in a wilderness experience. But once we have seen and established a right course according to the Bible in the light that Christian Science throws on Scripture, it is much easier to stay on course than to return to it once we have left it. To realize that time is not a factor in scientific healing gives one a reassuring grip on his moment-by-moment expectancy of complete release and freedom.

Watching and steadfastness are important. Our thought may

sometimes be darkened by the belief of having had an inharmonious past—possibly an unhappy childhood. Or perhaps a belief of heredity has been accepted, or discord as a result of false education of a religious nature. For instance, prior to my becoming a student of Christian Science, this question from the Bible gave me great concern and caused me to search for a satisfying answer: “What mean ye, that ye use this proverb concerning the land of Israel, saying, The fathers have eaten sour grapes, and the children’s teeth are set on edge?”³

One day as I was working with the opening of the Lord’s Prayer, especially Mrs. Eddy’s spiritual interpretation of it (see *Science and Health*, p. 16), I realized that because God was my only parent and the Parent of all, my inheritance did not come from a human parent. Christian Science teaches that God is Mother as well as Father, and is all-creative Mind, Life, Truth, and Love.

I accepted this, and it gave me a clearer glimpse of the fact that God is the one and only creator, and that everything is good because He made it. This enabled me to see that everything real is good and eternal, and it immediately gave me a reason for the hope I had always had. The psalms, the Ten Commandments, and especially the Sermon on the Mount, which were taught me from early childhood, began to take on new meaning, and the fearful, darkened sense that surrounded me was swept away. This new light brought me a vibrant sense of life, which I had not previously known.

Today we see a great need to pray watchfully, understandingly, that the law of God, good, can and will release all mankind from bondage to belief in a fear-gripped world threatened by nuclear destruction, war, crime, economic depression, poverty. These unhappy forebodings are all unfounded in Truth, because they result from misunderstanding and failure to act on divine direction. Spiritual vision—evidencing the presence of the Christ in human consciousness—can and will dissolve these fears through “God’s gracious means.” None of the phases of mortal mind—the false sense of intelligence—are what they appear to be. Mrs. Eddy says, “Mortal mind sees what it believes as certainly as it believes what it sees.”⁴ Watching, working, and self-immolation strengthen the healing power of prayer and give us a powerful weapon to pull down would-be strongholds of fear, disease, and sin.

Once I believed myself to be overburdened from long hours of work without much sleep or rest. I awakened one morning to find I was unable to think constructively. My husband called a Christian Science practitioner to pray for me. With the help of the practitioner and my husband's support and encouragement, my thought was lifted. I saw this was another opportunity to prove God's healing presence and power. It was at this point I began to grasp more clearly the powerlessness of evil, or animal magnetism, to lull me into apathy through its whispered lies.

Sometimes we find it is not easy to see what is needed when we are faced with a crisis, but in this instance I could see the need was for more prayer, more spiritual activity, more giving up of mortal self, more alertness. As I strove to fulfill this need, I gained new strength and a willingness to let go of feeling burdened. The joyful acceptance of these demands dissolved the burden, and I was healed within a few hours. I found myself well, strong, and beautifully renewed.

God's gracious means will bring strength and renewal to each of us as we willingly give up evil thoughts of fear and burden, and the belief that God is out there somewhere and we are accomplishing things all on our own. Through the clearer realization of Truth that I gained, I was able to recognize that suggestions of confusion and weakness had not touched and never could really touch my true being.

Man is never out of sight of the all-seeing Mind, never separated from a vibrant consciousness of well-being, because eternal Life is the law by which he lives. Man is always reflecting—expressing—Soul-sense, which belongs to his real selfhood. He is strengthened by Spirit, his eternal source of divine energy, and his energy increases as he draws upon it. He is not, and never can be, beyond Love's inclusion, for he is immersed in the light of true being. This vigorous sense of Life belongs to man, who is God's eternal expression. Through God's grace we can feel and express its healing power.

¹ *Science and Health*, p. 1; ² *ibid.*, p. 458; ³ Ezek. 18:2; ⁴ *Science and Health*, p. 86.

The Might of Love's Tenderness

PIERRE PRADERVAND

The seashell called angel wing is delicate and exquisitely beautiful. One sometimes finds numbers of them on the shore when the tide recedes, their winsome loveliness resting gently on the sand. One wonders why they were not crushed to smithereens in the pounding of the huge waves that brought them in. Yet wave and wing coexist perfectly, appealing symbols of the infinite tenderness that blends with divine omnipotence.

If we find ourselves in a supposedly hopeless situation from which we see no issue, or if we are tired of fighting an illness that seems to drag on endlessly, or burdened with "impossible" family or work difficulties, it is time to discover or remember that we are cupped in the mighty hands of divine Love with such infinite tenderness that the problem, whatever it may be, will melt away. When we are at the heart of a trial, we may not feel that we are sure to be the victors. But what we humanly feel is not what matters. What matters is what *is*, divinely. God, omnipotent Being, Love, cradles His children firmly in His embrace; knowing this, we can be safe and free from whatever is unlike good.

The Bible is full of striking assurances of Love's tenderness. "Fear not, little flock; for it is your Father's good pleasure to give you the kingdom,"¹ the Master, Christ Jesus, promises us. Why does God give us the kingdom? Not because of our struggles or our virtues, our belonging to a particular religion or church, or even our faith. No—it is simply the Father's good pleasure, in other words, His loving, joyful, free gift, which is ours to grasp when we open our hands and hearts.

Divine Love's tenderness has a motherly quality, in which even the strongest spiritual giants have found serenity and peace. Poetically, in this quiet assurance, the book of Isaiah expresses the re-

juvenation we receive: "As one whom his mother comforteth, so will I comfort you; and ye shall be comforted in Jerusalem. And when ye see this, your heart shall rejoice, and your bones shall flourish like an herb." ² The same book also describes the unshakable quality of God's tenderness in these words: "For the mountains shall depart, and the hills be removed; but my kindness shall not depart from thee, neither shall the covenant of my peace be removed, saith the Lord that hath mercy on thee." ³

The love and gentleness of God: How often do we really *ponder* these qualities—not just read about them, think about them, or look up references to them in Concordances, but really ponder them—that is, really listen to what Mind is telling us?

I was brought up with a stern concept of God, which left very little place, if any, for gentleness and tenderness. God appeared to be a menacing accountant, frowning down on me from far away. I felt in the desperate position of a man trying to climb a towering mountain, the sides of which were covered with soap. The steeper the climb and more strenuous my efforts, the more I seemed to slither backward. So one day I decided to abandon the whole concept. *That* couldn't be God, something told me. And I continued alone, as best I could, often turning round in circles, or so it seemed.

Then, while working in Africa, I met a very remarkable couple, who were like beacons on a mountaintop. They became my closest friends. I just had to discover the secret of their strength and of their trustful and joyful, disciplined yet tolerant, approach to life. And that is how I started to explore Science. I had entered the promised land of Christian Science.

Most important, challenging, and healing was my finding in this Science a new concept and understanding of God. I saw that, maybe more than any other great religious leader before her, apart from Jesus, Mrs. Eddy stressed the capital importance for individuals and nations of a right understanding of the divine nature: "The true idea of God gives the true understanding of Life and Love, robs the grave of victory, takes away all sin and the delusion that there are other minds, and destroys mortality." ⁴

So many depressions, so many angers and vengeful or envious feelings, so many illnesses and tendencies toward self-condemnation can be traced back to a misconception of the nature of Deity, often

instilled in childhood and held to by people, often without their knowing that they are holding on to it.

Yet how can one forgive (oneself or others) if one feels condemned? How can one love if one does not know and feel oneself to be infinitely cherished? How can one heal if one does not know oneself to be already, in one's true spiritual being, whole, holy, blessed? How can one express tenderness and compassion to others—and to plants, trees, and animals and the whole of creation—if one does not grasp, comprehend, and rejoice in the fact that at every single moment of our lives the infinite might of divine tenderness upholds us? This divine Life is truly our Life, and this Love is manifested in our unselfed love.

What a powerful undercurrent of warmth, tolerance, and compassion this understanding brings into our lives! For if we reflect every quality of the divine nature—as in truth we do—then we will also express this tenderness. We not only will not lose power but we will gain it.

Many people, especially men, because of the rather pitiful and erroneous concept of masculinity presented by the media, consider it a form of weakness to express tenderness and gentleness. One could hardly make a greater error! Jesus' whole life was filled with countless examples of compassion and gentleness: for instance, when he beckoned to him the little children the disciples considered bothersome and held them up as examples; when he treated with that special wisdom born of deep compassion the adulterous woman brought to him by an angry crowd of Pharisees; when he comforted the widow by restoring to life her only son.

Was this man weak who dared chase the moneylenders from the temple, rocking the staid and powerful religious establishment of his day? Was this man weak who walked serenely through a mob ready to throw him off a cliff? Was he weak who dared face the cross, knowing in advance all he would have to suffer, including the mockery of his enemies and the worse mockery of his closest friends abandoning him?

Jesus' unrelenting tenderness was proof that his quiet power stemmed from being rooted in the infinite depths of divine Love.

Real tenderness—not the mealy-mouthed, washy sentimentality people sometimes confuse with tenderness—can only be strong, be-

cause, as an expression of divine Love, it has behind it all the power of infinite Principle. For this very reason Mrs. Eddy could write these challenging words: "I make strong demands on love, call for active witnesses to prove it, and noble sacrifices and grand achievements as its results." In the same paragraph she continues, "Love cannot be a mere abstraction, or goodness without activity and power."⁵

As we live this tender, faithful, and strong love in our daily lives, this greatest of all promises is realized for us, the promise of the Master: "If a man love me, he will keep my words: and my Father will love him, and we will come unto him, and make our abode with him."⁶ Such is the infinite tenderness of Love. Ultimately, even we cannot deprive ourselves of it. It is ours today, tomorrow, and forever.

¹ Luke 12:32; ² Isa. 66:13, 14; ³ 54:10; ⁴ *Science and Health*, p. 323; ⁵ *Miscellaneous Writings*, p. 250; ⁶ John 14:23.

TO YOU

Why do you want more supply?

To have a better life?

You cannot have a better life than the life you have
already: God is your Life.

Is it that you want more love?

But you are already filled with God's love.

And you are already filled with His truth.

Tell me, is there any other kind of supply than Life,
Truth, and Love?

No.

So you are fully supplied. Go then, go and express it:
"Freely ye have received, freely give." Individualize
it, sing it, speak it, write it—

But most of all: love!

Give love abundantly, without reserve, for to love
abundantly is to live abundantly.

GISELE POTTER

Supply from Spiritual Ideas

CHRISTINE CAROL WEINER

When Moses led the children of Israel through the wilderness, God provided manna to feed them when their food supply had been exhausted. Each one was told to gather what he could eat for that day and not to try to store extra for the following day. It is recorded, "He that gathered much had nothing over, and he that gathered little had no lack."¹ Supply was equal to demand. Furthermore, those who were disobedient and tried to gather extra manna for the next day found that the manna spoiled and could not be used. However, each morning fresh manna was supplied to meet their needs for that day.

Here is a wonderful example of how our needs are met daily by God. We do not need to wonder how or why or to let anxiety for tomorrow creep in. We need to trust that God's law of invariable supply was in operation yesterday, is operating today, and will provide for all our needs tomorrow.

Today's newspapers often report unemployment and lack. Christian Science assures us, however, that God's law of invariable supply always meets every legitimate need and we can prove this. It teaches us not to ask God to give us material things—a successful business or a good job—but to pray for an understanding of spiritual reality. We pray to understand that in the perfect spiritual universe of God's creating—the only real universe—supply always meets demand. We seek the understanding that God's qualities, His wisdom, intelligence, spiritual power, and spiritual understanding, are already present and that we reflect these qualities without limit. Knowing that we do reflect infinite intelligence and wisdom, we're guided to use our resources wisely.

We seek further to understand that in God's perfect universe man is already complete, lacking nothing and expressing the substance of

all good. God, who is the creator and source of all good, cannot know lack, and neither can His reflection, man. God is always unfolding an infinite supply of right ideas. He is complete within Himself, and His unlimited resources sustain the entire universe.

From a material standpoint, individuals seem to be competing for a limited supply of resources and income. But in God's spiritual universe there is infinite good, which supplies every individual. The man of God's creating does not compete, combat, or seek to corner his share of the wealth. To the degree that we identify ourselves as God's man in thought and action, we find our needs satisfied naturally and completely; we lose a sense of lack or restriction.

Mrs. Eddy writes: "God gives you His spiritual ideas, and in turn, they give you daily supplies. Never ask for to-morrow: it is enough that divine Love is an ever-present help; and if you wait, never doubting, you will have all you need every moment."² When we really understand that spiritual ideas are the source of our supply, we can see how dependable that supply is. Ideas can't be used up or exhausted, and there is an infinite supply of spiritual ideas. God's provision of these ideas never fluctuates, never changes, never diminishes. It doesn't spiral up or down with varying economic conditions. His goodness is dependable and always unfolding under every condition. God's endowment of good is an expression of divine Life, and Life has no beginning, no ending. Divine goodness is uninterrupted by any material condition or circumstance.

When a widow came to Elisha and asked him to save her two sons from being taken bondmen by her creditors, he asked, "What hast thou in the house?"³ She replied that she had only a pot of oil. Then Elisha commanded her to borrow empty vessels from all her neighbors and to pour the oil out into all the vessels, which she did. She and her sons paid the debt, and the remaining oil supplied their living. Elisha's perception of the inexhaustible nature of God's goodness enabled the woman to pay her creditors.

In Christian Science we learn to translate the question "What hast thou in the house?" into "What hast thou in consciousness?" How receptive are we to God's spiritual ideas, which show us the good already at hand? Spiritual vision leads us to take the right steps, to look in the proper direction to have our needs met. Perhaps through receptiveness to the one Mind we're prompted to take fresh

inventory of our skills, abilities, and resources. This in turn may reveal hidden talents or latent abilities potentially useful to an employer. When we humbly pray for God's guidance, we find His truths open our thought to opportunities we may have overlooked.

When I was preparing to go to college, my family was able to provide a major part but not all of the finances needed. However, we never doubted I would have the education I required. We trusted that God's supply of spiritual ideas would meet every need. I applied for the work I thought would be most interesting, but there were no openings. Then I stopped figuring what my position should be and began humbly listening to God. Through prayer the thought came to apply for work where certain secretarial skills I had might be useful. There was an opening, and this job helped to pay college expenses.

By my opening my thought to God, by my being receptive to His spiritual ideas, my daily needs were met. Humbly trusting God's law of supply, I was led to unexpected sources of income later on. In every case I was grateful that I could be receptive to spiritual ideas. They prompted me to use God-given intelligence and skills already present.

At times of national or international emergency, of widespread unemployment or of refugee problems, we may wonder what we can do to help. Christian Science enables us to contribute greatly to solutions. We can affirm through our prayers that God's law of supply is available to meet the needs of every individual, that His unbounded goodness and impartial love must be manifested in necessary shelter, clothing, food, employment, protection, companionship. We can affirm that Christ, the true idea of God, is already present and active in the consciousness of each one, awaking him to the universal and unlimited nature of God's provision for man; that our prayers will be effective; that they will bring healing. Mrs. Eddy tells us, "It is not well to imagine that Jesus demonstrated the divine power to heal only for a select number or for a limited period of time, since to all mankind and in every hour, divine Love supplies all good."⁴

¹ Ex. 16:18; ² *Miscellaneous Writings*, p. 307; ³ II Kings 4:2; ⁴ *Science and Health*, p. 494.

It Only Takes Light

JENIFER CAROL WECHSLER

In the window of my office there is a plant with lovely foliage, putting out new leaves almost every day. It is healthy, productive, and beautiful to look at. But this is in direct contrast to its appearance a few months ago. Then it was the sorry possessor of but one lone leaf, and for some time it had been in this state.

What made the difference? Simply moving the plant to the windowsill where it could benefit from the sunlight. Nothing else was done for it. The pot and its soil were not changed; the watering schedule stayed the same. All it took was the addition of light to make a sad specimen into a bloomer.

When human beings are influenced by the dark beliefs of apathy and indifference, fear and chronic sickness, they need light—what Mrs. Eddy calls “the sunlight of Truth.” In *Science and Health* she says: “Christian Science brings to the body the sunlight of Truth, which invigorates and purifies. Christian Science acts as an alterative, neutralizing error with Truth.”¹

How do we let in “the sunlight of Truth”? In applying Christian Science we do not begin with a sick mortal and try through our prayers to make him better. Rather, we begin with the recognition that man is entirely spiritual and perfect, having no resemblance to the mortal concept. Therefore he is not touched by any of the limits of mortality.

An understanding of God as Spirit, the loving creator of all, is essential. If we set about trying to improve our sense of man without a clear understanding of his source or creator, we have nothing on which to base our work. We need to quiet the material senses with their false view of man and allow spiritual sense to tell us what is true. Every concept based on materiality clouds our view of the reality of spiritual being.

John said, "Hereby know we that we dwell in him, and he in us, because he hath given us of his Spirit."² Our source of spiritual enlightenment is divine, and we each have access to it. We can let in the light by refusing to recognize ourselves as anything but the man of God's creating, made in His image, perfect in every detail.

A challenge? Surely it is, but we have proof of how it can be met today even as it was in Christ Jesus' time. Consider the book *A Century of Christian Science Healing*. It contains one account after another of how people turned away from a material view of man and achieved often remarkable healings. Numerous kinds of illnesses healed; release from a prisoner of war camp; severe business problems met; drug addiction, alcoholism, and fear wiped out.

Just sampling current issues of the Christian Science periodicals, one finds healings of broken bones, pneumonia, grief at the loss of loved ones, financial difficulties. Because divine Truth is infinite, its application is too. No claim of darkness, whatever its name in the human vocabulary, is without a spiritual antidote. More spiritual concepts of God and man dispel the darkness of material thinking and provide new insights into the demonstration of the divine Life.

The Bible, and *Science and Health* by Mrs. Eddy, are incomparable sources of spiritual light. Thorough study of these books combined with prayer broadens our ability to apply the truths of Science and brings healing.

A young woman spent months in fear about a lump that had appeared on her body. She felt helpless and seemed unable to handle this difficulty through her own prayers. She finally called a Christian Science practitioner, who began to pray for her immediately. Within a short time complete freedom from the fear was established, and the lump disappeared.

This healing was not magical or mysterious, nor was it a case of the practitioner doing all the work. The patient realized it was essential that she cultivate a receptive and spiritualized consciousness; that she endeavor constantly to maintain in thought her true, spiritual nature. This nature didn't reside in physicality, nor could it be affected by physical beliefs. Persistent prayer from an absolute, spiritual basis was the key. This brought the light. She stayed with it until she felt the work was done—even though the physical symptoms persisted—and she then released the practitioner.

At this point it was clear to her that the bodily appearance was not really the problem. She saw that fear and timidity as well as other undesirable qualities were at the root of the difficulty. This seen, the harmony claimed through prayer became outwardly evident. She was freed from all the symptoms and has remained so. Mrs. Eddy's statement quoted earlier, referring to the healing power of Christian Science, continues, "It changes the secretions, expels humors, dissolves tumors, relaxes rigid muscles, restores carious bones to soundness." Here was an example of this power put into action.

As we pray sincerely for spiritual enlightenment and wait expectantly for the needed answers, we receive those answers and experience steady progress. Prayer is what lets in the light. Scientific prayer, in which we affirm God's ever-present, all-powerful goodness, cannot fail to unfold the remedy in every case. Then, as we live our prayer, the necessary adjustments take place in consciousness, and the desired effect is achieved. We see the light and bloom with healing!

¹ *Science and Health*, p. 162; ² I John 4:13.

We Do Have a Choice!

JOANNE FORMAN OTTO

Suppose you were confronted with a decree that for the next two weeks you must go around on all fours. What would you do? One thing you probably wouldn't do is submit to it! Most likely you would dismiss the whole idea as absurd.

Mankind are confronted daily with unfounded decrees. We are conditioned to believe that exposure, accident, age, or overwork can compel us to spend a certain amount of time lying on our backs, hobbling, aching, coughing, or sneezing. Surprisingly, most of us

submit to these impositions without even a protest. Why? Because a majority of us are convinced that in matters of health we simply have no choice.

In contradiction of this majority opinion Christian Science teaches that we do have a choice and that we have scriptural authority for asserting our right to make it. At the very outset the Scriptures present us with two basic alternatives—two opposite accounts of creation. Daily, hourly, we have a choice between the spiritual, God-centered concept of creation and its chaotic material opposite.

Now what does this fundamental choice have to do with our health? Everything! A child discovered this one winter morning. She came into her parents' room sniffing loudly and lamenting, "I have a cold. I guess I won't be able to go to school today."

Her mother, who is a student of Christian Science, replied, "Well, I suppose you could go along with this and let it keep you home today, but you don't have to, you know. You have a choice. If you see yourself trapped inside a sick material body, then you'll just have to put up with this until it's run its course. But if you see yourself the way God made you, spiritual and perfect, it will be impossible for this to hold on to you. So which do you choose? Are you going to say yes or no?"

"I'm going to say no, of course!" was the reply.

"Good. Now suppose we say the Lord's Prayer together and really think about what it means."

In this prayer Christ Jesus has taught us to lift our thought to the spiritual view of creation—the view that enabled him to heal multitudes. Mrs. Eddy says of true prayer, "It shows us more clearly than we saw before, what we already have and are; and most of all, it shows us what God is."¹ It is only natural then that prayer should have a healing effect on the consciousness illumined by it.

No sooner had the child repeated the final verse of the Lord's Prayer than she exclaimed, "I'm healed!" By the time she left for school, no trace of the symptoms remained.

Whether the problem appears to be a cold or a cancer, all of us have the same right of choice exercised by this child. Only the mesmeric majority opinion that creation is essentially material props up the illusions of sickness and makes them seem to be laws. When viewed from the standpoint of perfect God and His perfect, spiritual

creation, disease loses its credibility, which is the only factor that gave it a foothold in our experience. It seems as unfeasible to us as the irrational decree proposed at the beginning of this article. So naturally we choose to abolish the disease rather than submit to it.

But we must beware of underestimating how radical such a choice is. Trying to use spiritually mental means to accomplish a merely material end is as futile as it is self-contradictory. If our motive is simply to become a healthier Adam or Eve, then our thought is fettered by the very material conditions we wish to overcome. But if our longing to understand and exemplify more of our God-created selfhood outweighs even our desire for physical well-being, we are already proving in a degree our dominion over material conditions. Such a longing is true prayer, which can lift us above the threat of sickness.

A well-known psalm expresses this thought with great clarity: "Because thou hast made the Lord, which is my refuge, even the most High, thy habitation; there shall no evil befall thee, neither shall any plague come nigh thy dwelling."² This promise of physical exemption is contingent upon an important condition—upon our actually making God our habitation. And don't we do this by loving Him enough to really want to be as He created us—the very manifestation of His goodness? Such a love is not expressed in spasmodic, willful attempts to perfect our human sense of self, but rather in a continuing, humble willingness to relinquish the negative traits and destructive thinking and acting that would conceal what in truth we already are. Our ability to express and experience good is not a human aptitude. It is God's power to manifest Himself. It is irresistible. But each of us needs to discover this fact for himself and actively choose to live in accord with it. When this choice is made and reaffirmed day by day, we can enjoy the blessings that inevitably accompany it.

Mrs. Eddy assures us: "Mortals are free moral agents, to choose whom they would serve. If God, then let them serve Him, and He will be unto them All-in-all."³ When we abide in the consciousness of His omnipresence, the decrees of disease and suffering that seem to govern the physical realm cannot impair our well-being, for we have chosen a higher habitation—the unencroachable presence of God.

¹ *No and Yes*, p. 39; ² Ps. 91:9, 10; ³ *Unity of Good*, p. 60.

Watching Over You

Don't cry, don't cry,
Love is watching over you.
Slam the door on error—don't slam it on God.
Error is a big zero—don't listen to it.
God is our Father-Mother.
So don't cry, don't cry.
Love is watching over you.

TERI L. STUTZ
(written at age 6)



The Rescue

Florence D. J. Schwartz

Doug and Don lived in a town where the mountains were green in summer, and the boys loved to hike and ride on the mountain trails. In the winter the mountains were even more beautiful with their towering snowcapped peaks.

One day their mother thought it would be fun to take a drive over the pass and see the white peaks. The car was warm and comfortable and seemed to float over the snow-hardened surface. The boys were singing and laughing and at times were discussing things that they had learned from the book called *Science and Health* by Mary Baker Eddy. Doug always carried the little book in his pocket. He and Don had learned about the book in the Christian Science Sunday School. Although their mother was not a Christian Scientist, she liked to hear the boys talk about the things they learned in Sunday School.

They started on their way back much later than they should have on a short winter day, with darkness falling early and the cliff road not easy to see.

The car turned onto a road that seemed a shorter route over the ridge. But as they went on they discovered it was more like a

mountain path than a road. They had lost their way, and instead of reaching the inn where they were staying, they were on this narrow road and darkness had overtaken them. Now it was snowing heavily. The edge of the road was no longer visible, and they seemed to be going through heavy drifts.

Finally the car came to a stop in drifts as high as the wheels. Mother decided she needed to start the engine and keep it running, but after several tries she gave up. She turned to the boys in the back seat and was surprised to see them sitting on the car floor with a flashlight reading *Science and Health*. In a very cross voice she said, "Why aren't you trying to help me, instead of reading your book?"

Don answered quietly, "Mother, we're trying to help you the way we learned in Sunday School. Our teacher said that God is always present to help in any trouble. He guides us the way a shepherd guides his sheep." Then he opened his book and read Mrs. Eddy's spiritual sense of the twenty-third Psalm, which begins, "[DIVINE LOVE] is my shepherd; I shall not want."¹

Suddenly the mother felt surrounded by love, and all her fear vanished. Then they saw through the rear window a vehicle with lights approaching. A big truck pulled up behind them. The driver quickly got their door open and cheerily called, "Hello, are you all right?" Their mother was sobbing with relief and couldn't speak, but Don answered, "Yes, sir, I guess God sent you to help us." The man said, "I'm sure He did, because you're way off the road. A few feet forward and you would have gone off the cliff."

He then told them he was on the road high above when he saw their lights. At first he thought it was an illusion and drove on, but after going a considerable distance, he felt he had to turn back and go down to the valley and investigate.

Soon their car was fastened to the powerful truck, and they were pulled backward out of the valley up onto the road that led to the inn, where they stayed until morning.

Don's love of the little book changed his mother's outlook on life. She turned to Christian Science for a spiritual understanding of God's power. She agreed with the boys that what the Bible says is true—God is "a very present help in trouble."²

¹ *Science and Health*, p. 578; ² Ps. 46:1.

**"A MAN'S GIFT MAKETH
ROOM FOR HIM"**

Proverbs 18:16

The gift makes room!

No
pinching
poverty
of doubt
can starve
you
out
of your
large
upper place
in His
forever
sun.
Heavenly rights
secure
one.
Reflection's
artistry
will
trace
unshadowed
your
original grace.

So gently groom
and shape
to lift
what must
be known
first as
His gift
to be
your own.

MAXINE LE PELLEY

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The Maturity of Being

Revealing the completeness of Life, God, and its creation as the present actuality—that Life is infinite, never embryonic—Christian Science introduces mankind to a fresh approach to living.

Human beings need to mature. Luke tells us, “Jesus increased in wisdom and stature, and in favour with God and man.”¹ On what basis can our maturing best be achieved? That of spiritual apprehension, the knowledge that reality is not growing into more than it is right now. Man, Church, consciousness, business, home, in their spiritual essence are never embryonic. They never have any stunted or stunting elements.

Christ Jesus saw infinite Life and the maturity of being as present fact. He did not speculate on possibilities and potentials but grasped and lived the underlying truths of being. “Jesus required neither cycles of time nor thought in order to mature fitness for perfection and its possibilities,” Mary Baker Eddy points out. “He said that the kingdom of heaven is here, and is included in Mind; that while ye say, There are yet four months, and *then* cometh the harvest, I say, Look up, not down, for your fields are already white for the harvest; and gather the harvest by mental, not material processes.”²

In bringing up children nothing is more useful than a scientific conviction of the maturity of being—seeing spiritual maturity in place of human immaturity; seeing this maturity for oneself, as a parent; realizing that birth, growth, personal maturity, decline, never relate to divine Spirit’s immortal idea. The real man’s potential is already fulfilled. To scientific sense, man is already what he is going to be, Spirit’s full manifestation. Man is not subject to

nurturing, education, the trial and error of growing up, an uncertain career.

Understanding the present maturity of all true being, the serious Christian Scientist (whether younger or older) will enjoy a good sense of both idealism and realism. He will recognize the reality of Church, man, the environment, in their full perfection, but be perceptive enough to accept the test of consistently proving this, willing to cultivate the self-discipline and patience that reforms demand. He will achieve this not by seeing himself as a mortal insistent on putting the world and the church right overnight (and sighing or snorting if it doesn't happen) but as the expression of infinite Spirit, already enjoying the perfection of being.

Someone learning of Christian Science from a teacher, either in Sunday School or in Primary class instruction, will learn better as he acknowledges the actuality of his spiritual maturity. Comprehension does not mature but is already present and full.

In other words, acknowledging the present wholeness of being makes better pupils—and, incidentally, more knowledgeable and inspiring teachers. The essence of education in Christian metaphysics is not the transferring of religious teachings from person to person but the realization that man and the universe always exist at the peak of maturity. The pupil satisfied with a less than scientific standpoint may find spiritual instruction unnecessarily difficult. He may also fear losing the clarity and inspiration of instruction when it is finished.

It's of tremendous help to recognize that man, Truth's very idea, is not becoming enlightened, imparting enlightenment, or losing enlightenment, but is always bathing in the light of Truth. He's always inseparable from the nature and essence of divine Truth itself. Proportionably as we admit this we lessen the trials of slow growth and uncertain maturity—and lose the concern that whatever understanding we've gained is open to decay or loss.

Material or personal sense—including the argument that man and being can pass through growth, maturity, and demise—is itself less than embryonic. It never has even a seed of truth. The material picture of man (and its accompanying disease and lack) is never going to become more than the nothingness it now is, never going to become less than the contradiction, the nonentity, it now is.

Exposing the permanent immaturity and impotence of the belief of matter, Mrs. Eddy writes in *Science and Health with Key to the Scriptures*, "The more destructive matter becomes, the more its nothingness will appear, until matter reaches its mortal zenith in illusion and forever disappears."³

Should we look only to a mortal sense of man, good must always seem at least partly overshadowed by the not good. But through exercising spiritual sense we see behind the mask of mortal personality going through birth-growth-decay stages. We can hold our vision to the true man, in whom goodness is eternally developed, for it was never undeveloped.

The Genesis narrative of creation makes this affirmation: that God made "every plant of the field before it was in the earth, and every herb of the field before it grew."⁴ And *Science and Health* gives us this practical basis for proving in daily life the eternal perfection and maturity of God's self-expression: "If Life has any starting-point whatsoever, then the great I AM is a myth. If Life is God, as the Scriptures imply, then Life is not embryonic, it is infinite."⁵

GEOFFREY J. BARRATT

¹ Luke 2:52; ² *Unity of Good*, pp. 11-12; ³ *Science and Health*, p. 97; ⁴ Gen. 2:5; ⁵ *Science and Health*, p. 550.

Safety Assured

Safety and spirituality are related. In fact, according to Christian teaching, our safety is in proportion to our spirituality. The more truly spiritually-minded we are, the safer we are in our earthly experience.

Christ Jesus demonstrated that there is a divine law which establishes undeniably that the real, spiritual man is forever maintained in God's perfect image. No matter what disaster may seem to occur in human experience, this real man is invariably perfect in God's likeness. In order to profit from this divine law we have to be sufficiently spiritually-minded to discern it, acknowledge it as law in our own lives, and depend upon it. The Apostle Paul says, "To be

carnally minded is death; but to be spiritually minded is life and peace.”¹

The Bible, in both Old and New Testaments, bears witness to this statement. It tells of the miraculous survival of people who trusted God, Spirit. Sometimes they emerged unscathed from situations that simultaneously proved fatal to others who had not the same spiritual understanding and faith in the one loving God, thereby proving that the condition of one's thought is of prime importance. Mrs. Eddy refers to several when she writes, “The divine Love, which made harmless the poisonous viper, which delivered men from the boiling oil, from the fiery furnace, from the jaws of the lion, can heal the sick in every age and triumph over sin and death.”²

Paul's safe encounter with the snake that came out of the wood fire on the island of Melita and fastened on his hand so impressed the local people, who evidently looked on the snake as lethal, that they thought he must be a god to have survived.³ The three Hebrew men told of in the book of Daniel were unharmed when they were put in the fiery furnace. These followers of God emerged unscathed, but their unbelieving captors, who put them into the fire, were killed merely by coming near the heat of the flames.⁴ And Daniel was serenely safe in the presence of lions, although after he was removed from their den they attacked his false accusers and their families and “brake all their bones in pieces.”⁵ All these were impressive proofs to onlookers that God, Spirit, can be relied upon to save those who trust Him.

Christian writers of the early centuries A.D. tell us something of the trials endured with marvelous strength by spiritually-minded early Christians. It is to one such account—a tradition first mentioned at the beginning of the third century by the Latin Christian writer Tertullian—that Mrs. Eddy may be referring when she mentions deliverance from the boiling oil. The Apostle John before his exile to Patmos, Tertullian says, “when plunged into fiery oil suffered no harm.” Some two centuries later the Christian scholar Jerome refers to this statement of Tertullian's with the added detail that the apostle, “put into a caldron of boiling oil, came out more pure and active than he went in.”

Mrs. Eddy was convinced of the eternal presence of the same power of divine Love's law that preserved these earlier worshipers

of God. She had proved it often in her own life. Her explanation of Christian Science, God's perpetual harmony, shows how, by spiritualizing our thought, we can always be safe when threatened with danger in present-day social, business, public, and personal life.

Sometimes it may seem that malice, hatred, envy, revenge, are fastening upon us, attempting to cripple or even destroy our ability to act on behalf of progress, justice, and mercy, or to poison our relationships with others. We may find ourselves in "the hot seat" of controversy, or seemingly in the grip of physical fear or fever. Or we may feel menaced by dire predictions of failure, infection, disease, or death. But Mrs. Eddy writes: "Immortal man, in God's likeness, is safe in divine Science. Mortal man is saved on this divine Principle, if he will only avail himself of the efficacy of Truth, and recognize his Saviour."⁶

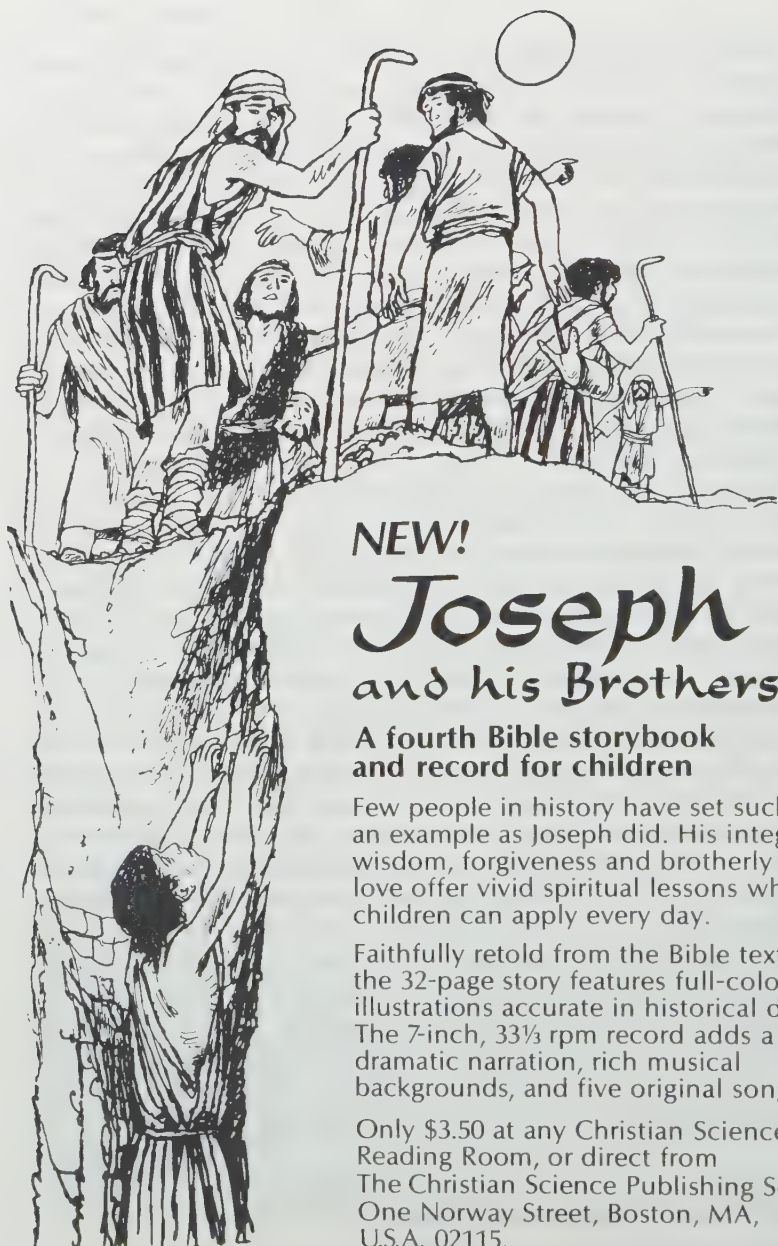
We are saved from mortal danger of every kind by the great, scientific fact of God's, good's, allness and His law of harmony governing the universe and man. The only truth of being is God and His idea. This Christly understanding of divine Life and its perfect spiritual expression—the understanding of infinite Love and the certainty that every object of creation truly reflects the qualities of Love—is the infallible power that uproots and obliterates any appearance or thought of danger or discord.

This power of Christ is always available in moments of sudden peril. Its action is instant. When we unreservedly accept into consciousness the truth of God's law of omnipresent good, it automatically erases false thoughts of evil. Thereby our problems are resolved, since false thoughts are the only supposed substance of discordant outward conditions. When these are destroyed, harmony must be reestablished in human experience.

But why wait for false thoughts to be manifested in humanly dangerous conditions before dealing with them? We are wise before instead of after an event, if we establish in our consciousness first thing each day—and many times each day—that God's law of harmony is ever operative and supreme. As we come to understand this divine law, our safety will always be assured.

NAOMI PRICE

¹ Rom. 8:6; ² *Science and Health*, p. 243; ³ See Acts 28:3-6; ⁴ See Dan. 3:19-27; ⁵ 6:24; ⁶ *Miscellaneous Writings*, pp. 89-90.



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Testimonies of Christian Science Healing

I should like to express gratitude for the many blessings I have had through the study of Christian Science. When I have conscientiously and properly applied Christian Science, healings have taken place.

Through inharmony and friction my husband and I separated when I was a young woman. I felt I could drown my sorrows through drinking but soon saw this was not the right way to find true happiness. In my cry for help I turned to the Bible. Shortly afterward I met a man who told me about Christian Science. He explained how in time of sickness and trouble he relied wholly on God for healing. He said God never made sickness or discord of any kind, therefore it is not real; by denying error and affirming God's allness he was able to help himself. I was very much impressed to know that there is such a wonderful religion.

I purchased a copy of *Science and Health with Key to the Scriptures* by Mary Baker Eddy, and with the Bible and the *Christian Science Quarterly*, I began to study earnestly the weekly Lesson-Sermon.

One morning shortly afterward a sty appeared on my eye. I knew this was an opportunity to prove the healing power of God. A passage in the Bible was of much help to me (II Tim. 1:7): "God hath not given us the spirit of fear; but of power, and of love, and of a sound mind." This was comforting, and in a few hours the painful eye condition dissipated. However, in a few days it reappeared. I again applied the truth but with much clearer conviction.

The statements made in these testimonies with regard to healings have been carefully verified. The original testimonies and their respective verifications are on file for reference with The Christian Science Publishing Society.—THE EDITORS.

The healing was quick and has been permanent. A citation from *Science and Health* brought immediate release (p. 393): "Man is never sick, for Mind is not sick and matter cannot be." From that moment of healing I accepted the teachings of Christian Science wholeheartedly, not only for physical healing but for a new way of life. I had lost any desire to drink.

Undesirable traits of character began to fall away as I continued my study; and spiritualization of thought directed me into a happy and more spiritual way of life. Sick headaches, heart trouble, and indigestion were healed as I gained a clearer understanding that God is all-powerful.

The first healing related took place over fifty-five years ago. I am grateful for membership in a branch church and The Mother Church and for practitioners. I am deeply grateful to Mrs. Eddy for giving this glorious religion to the world. It has brought to me a fuller appreciation of Christ Jesus, the loving Master, and some spiritual insight of God's all-power and perfection and my relationship to Him as His image and likeness.

(Mrs.) MARTHA BOTLEY
Chicago, Illinois



[Original in Spanish]

In 1941 I went to the United States. At the end of the year I felt very ill, suffering from pain in the heart. The doctors examined me and told me that it was serious, and that I shouldn't do any kind of exercise. Shortly after that I visited a Christian Science Reading Room, where I was given the textbook, *Science and Health* by Mrs. Eddy. Then I spent ten days traveling to Colombia.

I visited some doctors there and told them what had happened to me. They took tests and found I had syphilis. The medical diagnosis was that no person or thing could heal me, and that I wouldn't live more than three months.

I went to my parents' home in a nearby city, where I dedicated myself to reading *Science and Health*. At the end of a month I stopped taking the drugs given me by the doctors. As I con-

tinued to absorb the truth in *Science and Health*, the oppressive pains in the heart left me. My parents advised me to return to the doctors, but I told them I was well. Then I thought of the Bible verse quoted by Mrs. Eddy (*ibid.*, p. 496): "When this corruptible shall have put on incorruption, and this mortal shall have put on immortality, then shall be brought to pass the saying that is written, Death is swallowed up in victory" (I Cor. 15:54). This healing fulfills these words (Eph. 5:14): "Awake thou that sleepest, and arise from the dead, and Christ shall give thee light."

I began to work for an airline as a bilingual assistant in the control tower. A great deal of exercise caused me no discomfort. Before I began work, doctors gave me thorough tests. I knew that I was healed, and so it proved to be!

For more than ten years I have not had headaches, colds, stomach pains, or indigestion. I have given no adherence to what are called laws of hygiene but rely completely on Christian Science for healing, keeping in mind the words of Christ Jesus (Matt. 5:48), "Be ye therefore perfect, even as your Father which is in heaven is perfect."

About eight years ago my mother was declared by doctors to be incurable and near death because of an illness called phlebitis. There were ulcers on her legs. I read to her some pages from the chapter "Christian Science Practice" in *Science and Health*. A few days later, after having prayed for her a great deal, I went to see her again. The condition of ulcers on her legs was improved. There was no more bleeding, and she was completely well within a month. I had quoted these words to her (*ibid.*, p. 381): "Let us banish sickness as an outlaw, and abide by the rule of perpetual harmony,—God's law." My mother is now one hundred and eight years old.

I am very happy, because we have been holding Christian Science services in this city for more than ten years now and are taking steps to form a Christian Science Society.

There aren't sufficient words to express my gratitude to God for class instruction, for Christ Jesus, who pointed the way to universal salvation, for the revelation of the Christ, Truth, to Mrs. Eddy for the healing of all mankind, and for The Mother Church.

JOSÉ MOISÉS GONZÁLEZ GALEANO
Cali-Valle, Colombia

As an owner of an office furnishings store, I have had many evidences of God's protection in providing a service for our community, which also affords livelihood for the families of our employees.

Two years ago we were interviewed by a local newspaper because a competitor had complained that my company was having all the business from a state agency. They said it was strange that one company would get almost all of the business from one agency for so many years, and asked me to furnish details.

My replies were honest. We had been attentive to the needs of the agency and had assisted them in many ways beyond the call of duty in obtaining solutions to their furnishings problems. They had checked our prices from time to time with other vendors and were satisfied that our prices for our services were competitive.

Soon after this interview, a series of articles began appearing in the newspaper, dealing with the purchasing policies of the state agency and our relationship to them. The attempt was made by the newspaper to disparage the honesty as well as the effectiveness of the procedures. A comparison was made of a price we had charged the agency for a filing cabinet, with the price we had given a larger state agency. It was said the agency under investigation was paying an unfairly high price to us. The story was put out over the wire services and newspapers throughout the state, and television and radio stations ran it as the latest news from our state capital.

I then turned completely to God, confident that He would lead me through this experience. I saw the error in another's thought could have no power over me if I refused admission to it.

I regard this as a Daniel experience. As Daniel turned to God and the angel shut the lions' mouths, I knew that my Father-Mother God would provide protection from the effects of these erroneous reports.

I wrote a letter to the editor of the newspaper and explained the difference between the two transactions. The higher price had been charged for delivery of one file to a fourth-story office location. The file was set in place, ready for use. The lower price we had given the larger agency was occasioned by the fact that eighty-eight filing cabinets on one order were involved, all to be delivered to the state's shipping dock by factory truck. This reduced the handling cost of each piece to a fraction of the cost of setting one cabinet in place,

and justified the lower price. My letter revealed these facts, which the newswriters had overlooked in making their allegations.

The editor printed the full text of my letter. In an adjoining editorial he effectively discouraged his writers from further claiming our prices had been unfair to the agency. We were able to continue dealing with these same state agencies on a friendly and helpful basis. The inaccurate accusations proved to be no deterrent to our business.

I am grateful to Mrs. Eddy for her writings that provide light to enhance our study of the Bible, enabling us to better express Godlike qualities in everyday life. I have been healed of smoking and drinking in Christian Science. Traits of character have been healed through daily study of the Lesson-Sermon in the *Christian Science Quarterly*.

Gratefully I acknowledge that the protecting power of God has made my life joyous and full.

EUGENE F. CORBIN
Sacramento, California



[Original in German]

I am deeply grateful for a marvelous healing that I had in Christian Science.

Some years ago, when I was suffering from abdominal pains, I went to a specialist for a medical examination. The diagnosis was that I should be operated on within a few weeks if possible, because I had a growth which had to be removed. There was also hemorrhage. My children were very fearful, as the appearance was of a serious malady.

Then I learned of Christian Science! I asked a Christian Science practitioner to treat me through prayer, which he did with much kindness and understanding of God's law. He explained to me that man is God's spiritual idea and as such does not contain a single inharmonious element. Mrs. Eddy writes in the textbook, *Science and Health* (p. 463), "A spiritual idea has not a single element of error, and this truth removes properly whatever is offensive." The practitioner continued to support me through prayer.

Three weeks later, upon the insistence of my family, I went to see the same doctor once more. He said, "A miracle has taken place. Every sign of the tumor has disappeared and you are healed. You're completely well!" I have never again suffered from that condition. I thank our loving God for this healing. I am grateful for the Master, Christ Jesus, for Mrs. Eddy, and for the practitioner whose prayers were so effective.

(Mrs.) THUSNELDA LIPP
Novo Hamburgo, RS, Brazil



I became interested in Christian Science two and a half years ago, after having had eight surgical operations for hernia over a period of eleven years. At that time I had an examination by a physician who told me that a ninth operation was necessary but that he could not guarantee its success. He said that I would always be handicapped. I am self-employed and, since my vocation requires much heavy lifting, I stopped working and made other moves to prepare myself for a handicapped life. I sold my motorcycle and bike and gave up social dancing, which had been one of my favorite activities.

I live in a trailer court, and one evening while talking to the court manager, I mentioned my troubles. Another tenant, overhearing our conversation, asked me, "Why don't you try Christian Science?" Although I had been raised in an orthodox church, I had felt no rapport with it and had stopped attending services years before. I had heard of Christian Science but knew little about it. I had noticed this neighbor because of his cheerful nature and his kindly greeting for everyone. He said, "Tonight is Wednesday night. Why don't you come to the testimony meeting at my branch church with me?" I readily accepted the invitation. That evening, for the first time in my life, I felt I received true spiritual uplift.

The following morning I called my neighbor and said, "Let's go to a Christian Science Reading Room and buy a Bible and a *Science and Health*. He was glad to go with me, and I bought the Bible, *Science and Health* by Mrs. Eddy, and a *Christian Science Quarterly* so that I could study the Lesson-Sermon.

During the next few weeks I spent every hour I could each day

reading the lesson and *Science and Health*. During this time I stopped wearing glasses, which I had used for many years. I no longer needed them. By the end of one month I was able to lift heavy objects with no difficulty, so I began to work again. I bought another motorcycle and bike and enjoyed social dancing once again. Since this healing I have had no limitations to prevent me from physical activities.

To say that I am grateful for membership in The Mother Church and a branch church and for class instruction is putting it mildly. I hope this testimony will be helpful to others.

PHILIP J. ASERMELY
Pacific Palisades, California



I am grateful that one can be healed through the power of Christian Science even though he does not realize it or fully understand the benefit received.

During the Korean War I was a student pilot engaged in military flight training. At one point I was suffering from a cold, which had resulted in a perforated eardrum, and I was grounded. The flight surgeon predicted the recovery would take some time and stated I should be prepared to be “washed back” several classes because of the time I would miss from flight training. He also added that if the ear didn’t heal properly, I might be “washed out” of the flight program altogether.

As I had a medical history of chronic ear trouble, I was greatly distressed. At the time, I was going with a girl who was a student of Christian Science. I knew nothing about Science. My girl friend saw I was suffering not only from the effects of a heavy cold but from my concern about my inability to finish the flight program. I was so near graduation; to have come so far and then to have an ear problem jeopardize my hard work was disappointing to say the least.

This girl handed me a copy of *Science and Health* by Mrs. Eddy with the words, “This will help you.” I didn’t realize Christian Science could be learned from a book or that the ideas in this book could heal one. More to please her than anything else, I said I

would read a few pages. This was on a Friday. On Saturday morning when my classmates were flying, I had time to read. I began at the beginning of *Science and Health* and read about one hundred pages. I thought it the most unusual book I had ever read. I understood little of what I read but I didn't object to it. I had no concept that what I was reading could heal me. I thought of it as just an explanation of the theology of Christian Science.

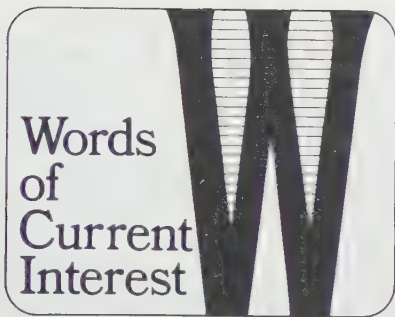
On Monday morning when I reported to the flight surgeon, he looked into my ear and asked, "What treatment did you take over the weekend?" I replied I hadn't taken any. He said, "Your ear is healed, and as your cold is about gone, you are cleared to return to flying this afternoon." I was thrilled, but I still didn't recognize the source of the healing until I recalled reading *Science and Health*. I knew the message of God's presence with man I had found in the book had to have something to do with my quick recovery. I was able to graduate from flight school with my class.

Although I didn't immediately become a deep student of Christian Science, my interest was aroused, and I was open to receiving more information about it during the time I was flying in the Korean War. My girl friend continued to share this "pearl of great price" with me. I'm grateful she cared enough to do this. I couldn't let the pearl, or the girl, get away, so I married them both.

Through ten years of flying experiences in combat, instructing, and research and development of rotary and fixed-wing flight programs, Christian Science met my every need. There were many hair-raising moments, but because someone cared enough to hand me a book and say, "This will help you," my life was dramatically changed for the better.

Through the years my wife and I have been able to place *Science and Health* with friends, relatives, and with hundreds of interested inquirers through outreach activities, including a Christian Science bookmobile. The truth found in *Science and Health* heals. My prayerful desire is that everyone in the world will someday have the opportunity to read this book that confirms Christ Jesus' healing method and explains God, the Principle of divine Science.

THOMAS F. HARE
Kansas City, Missouri



Related to the Lesson-Sermon
for December 12, 1976, in the
CHRISTIAN SCIENCE QUARTERLY
Subject: God the Preserver of Man

Ur of the Chaldees (Neh. 9:7)

An ancient city on the Euphrates River in an area of southern Mesopotamia that became part of the Babylonian Empire. Modern excavations have revealed private houses dating from the nineteenth century B.C. (probably contemporary with Abraham), a ziggurat temple, and artifacts of many kinds.

As one having authority, and not as the scribes (Matt. 7:29)

An important distinction for the author of this Gospel. Jesus' stress on individual inspiration and direct communion with God set him apart from the official wise men of his day, who based their teachings on ancient Scripture and community tradition. No teaching was authoritative that was not thus substantiated, and so spontaneity and originality were

sacrificed to human tradition.

Of him, and through him, and to him (Rom. 11:36)

The New English Bible reads: "Source, Guide, and Goal of all that is—to him be glory for ever!"

Wise as serpents, and harmless as doves (Matt. 10:16)

This image may have been part of a popular Jewish saying of the day. The Greek word here translated "harmless" means literally "uncombined," and hence, as when applied to metals, "pure, unalloyed." Referring to thought, it has the meanings, "without admixture of evil, free from guile, innocent, simple."

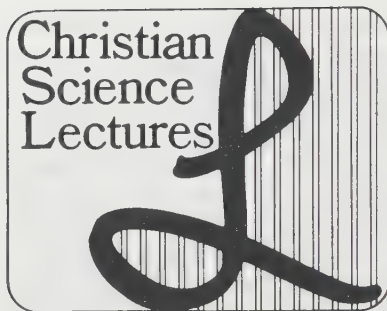
Other sheep I have, which are not of this fold (John 10:16)

A sheepfold was a permanent shelter, often enclosed by a stone wall and secured with a gate, into which sheep were herded at night for protection from bad weather, animals, and thieves. Several flocks might share the sheepfold, but each group responded to the voice of its own shepherd (see v. 27). The "other sheep" referred to in verse 16 would represent to Jesus' hearers those outside the community of Israel.

Achaia (II Cor. 1:1)

In Paul's time, the name of the Roman province south of Macedonia, including most of mainland Greece and having its headquarters at Corinth.

The Lesson-Sermons contain Bible references (King James Version) and correlative passages from "Science and Health with Key to the Scriptures" by Mary Baker Eddy.



Everyone is cordially invited to these free lectures.

‡ Indicates Children's Room available during lectures. Details should be obtained locally.

ENGLAND

LONDON—London (First): Church, Sloane Ter., S.W.1, 3 p.m., Sat., Jan. 1. "Christian Science: Its Healing Practice" (Kenyon)

UNITED STATES

(Week of December 12 to 18, and some earlier dates)

CALIFORNIA—Los Angeles (Thirty-first): Church, 3525 Glenhurst Ave., 8 p.m., Mon., Dec. 13. "The Evidence: True or False?" (Tyc)

Napa: Protestant Chapel, Napa State Hospital Grounds, 7 p.m., Mon., Dec. 13. "Life Without Lack" (Mondino)

Novato: Masonic Temple, 1905 Novato Blvd., 8 p.m., Tues., Dec. 14.‡ "Life Without Lack" (Mondino)

San Jose (Third): Alum Rock United Methodist Church, 30 Kirk Ave., 3 p.m., Sun., Dec. 12.‡ "Life Without Lack" (Mondino)

Sunnyvale: Community Center Auditorium, 550 E. Remington Dr., 8 p.m., Thurs., Dec. 16.‡ "Life Without Lack" (Mondino)

FLORIDA—Fort Lauderdale (Second): Church, 2201 N.E. 19th St., 8.15 p.m., Thurs., Dec. 16.‡ "Why Spiritual Healing?" (McClain)

Miami (Second, Hollywood): Holiday Inn, 21485 N.W. 27th Ave., 8 p.m., Fri., Dec. 17.‡ "Where in the World Is God?" (McClain)

Naples: Naples High School, 1100 22d Ave., N., 8 p.m., Tues., Dec. 14. "Where in the World Is God?" (McClain)

South Miami (Second, Miami): Riviera Presbyterian Church, 5275 Sunset Dr., 3 p.m., Sun., Dec. 12.‡ "Justice Under God's Care" (Henderson)

Stuart: Mayfair Theatre, Mayfair Shopping Ctr., 11 a.m., Sat., Dec. 18. "Where in the World Is God?" (McClain)

Sun City Center (First, Ruskin-Sun City Center): St. Andrews United Presbyterian Church, 1239 Del Webb Blvd., 3 p.m., Sun., Dec. 12. "Where in the World Is God?" (McClain)

Venice: Church, 600 W. Venice Ave., 8 p.m., Mon., Dec. 13.‡ "Why Spiritual Healing?" (McClain)

ILLINOIS—Decatur: Church, 510 W. William St., 8 p.m., Thurs., Dec. 16.‡ "A New Beginning" (Jenks)

Evanston (Second): Haven Middle School, 2417 Prairie, 8 p.m., Fri., Dec. 17.‡ "A New Beginning" (Jenks)

Fairview Heights: Church, 4 Phillip Dr. and Rte. 50, 8 p.m., Tues., Dec. 14.‡ "A New Beginning" (Jenks)

INDIANA—Indianapolis (Fifth): Glendale Cinema II, 6101 N. Keystone Ave., 11 a.m., Sat., Dec. 18. "A New Beginning" (Jenks)

Kendallville: Church, 208 S. Riley St., 3 p.m., Sun., Dec. 12. "The Touch of Spirit" (Clarke)

KANSAS—Chanute: Church, 18 N. Forest, 2 p.m., Sun., Dec. 12. "God's Power at Hand" (Alton)

Hutchinson: Church, 1400 N. Main, 8 p.m., Thurs., Dec. 9. "Individualizing God's Power" (Pickett)

MAINE—Portland: Church, 61 Neal St., 7.45 p.m., Fri., Dec. 3.‡ "Where in the World Is God?" (McClain)

MASSACHUSETTS—Boston: The Mother Church Extension, Christian Science Center, Massachusetts and Huntington Aves., 3 p.m., Sun., Dec. 12.‡ "The Power of God" (Rivas)

MICHIGAN—Ferndale: Church, 2101 Livernois, 4 p.m., Sun., Dec. 12.‡ "Individualizing God's Power" (Pickett)

MISSOURI—St. Louis (Seventh): Church, 1123 Holly Hills Ave., 3 p.m., Sun., Dec. 12.‡ "A New Beginning" (Jenks)

NEW JERSEY—Haddonfield: Church, 355 Kings Hwy., 8 p.m., Thurs., Dec. 16.‡ "The Power of God" (Rivas)

Montclair: Church, 8 Hillside Ave., 8.30 p.m., Mon., Dec. 13.‡ "The Power of God" (Rivas)

Trenton: Church, 421 W. State St., 8.15 p.m., Tues., Dec. 14.‡ "The Power of God" (Rivas)

OHIO—Centerville: Church, 100 S. Main St., 8 p.m., Tues., Dec. 14.‡ "The Touch of Spirit" (Clarke)

Cleveland (Seventh): Church, 14713 Lake Shore Blvd., 8 p.m., Mon., Dec. 13.‡ "The Touch of Spirit" (Clarke)

OKLAHOMA—Cushing: Church, 752 E. Cherry, 3 p.m., Sun., Dec. 5. "Protection Where Lions Lurk" (Wood)

PENNSYLVANIA—Philadelphia (Fifth): See local notice for place. 11 a.m., Sat., Dec. 18. "The Power of God" (Rivas)

SOUTH DAKOTA—Rapid City: 4-H Bldg., Fairgrounds, 8 p.m., Thurs., Dec. 9.‡ "A New Beginning" (Jenks). Please note change of place.

TEXAS—Houston (Fourth): Pershing Junior High, 7000 Braes Blvd., 4 p.m., Sun., Dec. 12.‡ "The Complete Man and Woman" (Heafer)

WASHINGTON—Mercer Island: Church, Island Crest Way and S.E. 47th St., 8 p.m., Fri., Dec. 3.‡ "You're Someone Worth Knowing" (Pickett)

Olympia (First): Church, 201 Eighth Ave., 8 p.m., Tues., Dec. 14.‡ "Get Your Life in Balance" (Driver)

[These lectures are given by members of the Board of Lectureship of The Mother Church, The First Church of Christ, Scientist, in Boston, Massachusetts, U.S.A.]

SUBMITTING TESTIMONIES

Convincing testimonies of healing in Christian Science are welcomed for publication from members of The Mother Church and from students who are not members. If possible, they should be typed, triple spaced, on one side of the paper only and with wide margins. A testimony should be concise and include only the important points necessary to tell of the healings. Thus more testimonies can be published. Testimonies should be signed by the testifier and verified by three members of The Mother Church who can vouch for the integrity of the testifier or have witnessed the healings. If the testifier is unacquainted with three members, his affidavit may be sufficient, but in this case he should, if possible, obtain verification from one or two members. The testifier should submit the verifications with the testimony. Complete addresses of the testifier and his vouchers should be furnished.

All contributions accepted for publication become the sole property of The Christian Science Publishing Society.

Testimonies should be addressed to The Christian Science Publishing Society, Journal, Sentinel, and Herald Editorial Department, One Norway Street, Boston, MA, U.S.A. 02115.

LECTURE NOTICE

Detailed information regarding lectures in the United States and Canada must reach the Journal, Sentinel, and Herald Editorial Department *nine weeks* before the week in which the lecture is to be given in order to ensure publication in the *Sentinel*. Information regarding lectures in other countries must reach the department *ten to fourteen weeks* before the week of the lecture. When lectures are to be radiocast, it should be so stated, station and frequency being included. When Children's Room facilities are to be available, this also should be stated.

The receipt of all information from the United States and Canada is acknowledged by the Editorial Department. If an acknowledgment is not received within two weeks, a duplicate notice should be forwarded.

For lecture announcements to be published in the *Herald*, please refer to information on the back of the Lecture Information forms supplied to branch churches.

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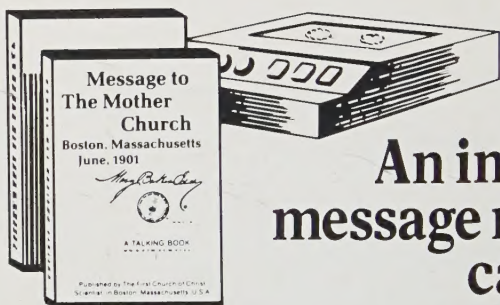
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